

Hororium

3:00 *Office of Matins* / in Cell (no bell)

Bell for Lauds 5:00

5:20 *Office of Lauds* / Angelus / in choir

6:00 *Office of Prime / Office of Terce* – privately
Cell time or prayer in chapel

8:00 *Holy Sacrifice of the Mass*

Please see separate Mass schedule

9:15 Manual Labor *Ordinary Silence*
Please see whiteboard

Bell for Sext 11:40

Cleanup - head to choir

11:50 *Office of Sext* / Angelus

Dinner (in common refectory) Dishes *Ordinary Silence*

1:15 Solitude/Private prayer: *Great Silence*

Rosary walk and study

Cell, outdoors, or choir

Office of None privately in the afternoon

3:15 Formation class or work

Spatiamentum (Recreation) on Sundays and 1st Class Feasts

Bell for Vespers 4:20

4:30 *Office of Vespers / Office of Compline* in choir

Great Silence

Ad libitum:

Collation privately but in refectory

Spiritual Reading

Rest – Adoration hours

Hermit days

Novitiate – Monthly

Professed – Weekly